



dec 08, 2015

hartford street zc news

Dongshan's "No Grass"

*Move and you bury your
body ten thousand feet
deep; don't move, and
sprouts grown right
where you are. You must
cast off both sides and let
the middle go; then you
must buy some sandals and
travel some more before you
really attain realization.*

Dongshan said to the assembly, "It's the beginning of autumn, the end of summer, and you brethren will go, some to the east, some to the west: you must go where there's not an inch of grass for ten thousand miles."

He also said, "but where there's not an inch of grass for ten thousand miles, how can you go?"



Shishuang said, "Going out the gate, immediately there's grass."



public schedule

mondays

- * 7:00 am zazen
- * 7:40 am morning chanting service

6:00 pm zazen
6:40 pm evening chanting service

* last monday of each month, no morning schedule

Dayang said, "I'd say, even going out the gate, still the grass is
boundless."

Grass boundless
Inside the gate, outside the gate, you see by yourself.
To set foot in the forest of thorns is easy,
To turn the body outside the luminous screen is hard.
Look! Look!
How many kinds?
For the while going along with the old tree with the same
emaciation in the cold,
About to follow the spring wing into the scares of the
burning

Book of Serenity - Tr Thomas Cleary

The Hartford Street Zen Center has availability for one practice resident as of October 2015 . We are looking for individuals interested in and committed to experiencing residential practice at a small, urban temple. Applicants should have prior experience with Soto Zen practice, and prior full-time residential Buddhist community practice. Required attendance to zazen, study group, ceremonies and teachings/lessons should be of strong interest. While participation and assistance in the daily events of the sangha are expected of any potential practice resident, it is our expectation that most residents are employed outside of the center (as you must be able to pay your monthly tuition without exception, on time), we are accommodating toward one's professional schedule on required attendance arrangements made with our Abbot. **Please drop by to inquire in person and ask for the Abbot, Rev. Myo Lahey!**



upcoming events



tuesdays - fridays

6:00 am zazen
 6:40 am kinhin (walking meditation)
 6:50 am zazen
 7:20 am chanting service
 7:40 am soji (brief temple cleaning)

6:00 pm zazen
 6:40 pm chanting service

thursdays study hour 7:30pm

saturdays

6:30 am zazen
 7:10 am chanting service
 7:25 am soji
 8:30 am drop-in instruction
 9:25 am zazen
 10:15 am dharma talk
 11:00 am refreshments/social *

** if a ceremony applies it will occur before social time*

dharma talks @10:15am, saturdays**hszc speakers****Myō Lahey** - Dec 26, ***2016*** Jan 2, 16, 23...**Daiko Tanzen, David Bullock** - *TBD***guest speakers****Ryuei, Michael McCormick - dec 12; Rev Rin McCarthy - dec 19***** 2016 * Kai Ji Jeffrey Schneider** - jan 9; Shokan Jordan Thorn - feb 27;

Anshi Daigi Zachary Smith - mar 5; Kogen Seido Jamie Howell - apr 16;

Kyosho Valerie Beer - may 28; Anshi Daigi Zachary Smith - jun 4; Ko Shin

Steven Tierney - jul 2; Renshin Bunce - aug 6; Shokan Jordan Thorn - sept

24; Ko Shin Steven Tierney - dec 17;

full moon ceremony - the "long nights" or "cold" moon - december 26 @**11am** - during this month the winter cold fastens its grip, and nights are at their longest and darkest. it is also sometimes called the Moon before Yule. the term Long Night Moon is a doubly appropriate name because the midwinter night is indeed long, and because the Moon is above the horizon for a long time. the midwinter full Moon has a high trajectory across the sky because it is opposite a low Sun.

study hour - thursdays @7:30pm: selected Studies of Zen Master Dōgen. see our website for details. So far all have been from the Dōgen Shobōgenzo version compiled and translated by [Kazuaki Tanahashi](#).

new year's event into 2016! - join us as we ring in the new year and have a social celebration after kicking off at 7:30pm on Dec 31st and taking us into 12am Jan 1 2016!

There'll be some soji - traditional New Year's temple cleaning, a light snack , zazen (seated meditation), striking our large bell 108 times, a burning ceremony of things to leave behind in 2015, and finally a toast to the new year.

Please note: There won't be the regularly scheduled zendo hours on dec 31st. (We will additionally observe Chinese new year and goals set with a new Daruma, as we have been the past few years along with joss offerings to those beyond our visible realm for the year on the Chinese calendar for the year of the Monkey - February 6th)

closure & schedule changes -**last monday of each month** - no morning program, only evening [schedule](#) and;**november 26, 27** - closed all day**december 24,25** - closed all day**december 31** - until new years event in the evening - up until 7:30pm**january 1** - closed all day - after about 1-2am

founder monthly memorials - [Issan's](#) is the 6th of each month and [Philip's](#) is the 26th (or closest dates to these if cant be on that day) evenings at 6:40pm or saturday mornings

practice discussions at hszc are available with Rev. Daiko Tanzen, David Bullock. and **Dokusan with Rev. Myo Lahey** please call us, approach them directly, or email: hszc108@yahoo.com to request to schedule time.



*hszc winter light retreat participants **saturday 12 05 2015** - left to right - Henry, Sarah, Will, Marc, Jim, Rev Myo, Rev Daiko Tanzen-David, Larry - second row -Chuck, Tendo-Chris, Keido-Joseph*

words from our Abbot: Rev. Myō Lahey



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...usually in Japan, trainees, who are basically kids, they get, each person gets one tatami mat, so this about much <<small amount maybe about 3' x 4.5' >> space. And especially new trainees that's about all they have. Just the tatami mat and pair of cupboards for all their stuff including their bedding. The lower part is for bedding and the upper part for all their stuff, all their clothes and so forth. And the top is bare. You're not allowed to put anything on top although there is this perfectly open space. So this is a little difficult for us westerners who were there and they actually allowed us quite a bit more space and one supervisor did tell me you shouldn't have stuff on top of the cupboard. Well Sutra Ok, but not something like socks. This kind of boxing us in is like a grind stone. Its result is it is a little uncomfortable. And we do not that here so much, but we do it a little bit and I was kind of hoping I ask us to do a little but more. Most of us sitters we have more of a half of a tatami and another kind of boundary is the invisible boundary of person space.

And were sitting together and practicing together with some intensity it's quite easy to get quite casual about that and sometimes in retreat settings people sometimes have a bunch of stuff and all over the place and on someone else's tatami; and also its very easy to be causal about sound and movement in the zendo, so it seems very simple to us when were in our ordinary life to make a certain amount of noise and movement without reflecting. But in a training space like this everything make a difference. So what were asked to do is to bring all of our gestures of body speech and mind into the practice vessel and not assume that motions or sounds that we make are somehow don't count. It actually does actually make a difference when we cough or we sneeze that sound or expression have a feeling practice about it. We shouldn't cough, sneeze and sometimes we have to, I certainly have to, but we shouldn't do it casually. We shouldn't make noise with our breath even though it may seem natural... Stay inside this space there is a reason for that. The subtly but vigorously boundaries of the self become illuminated by that kind of practice and you really start to see how you project into the work and how much space you actually take up...

Especially when you withdrawal energy from habitual expressions. Like sometimes when I am by myself I like to hum or talk to myself or drum <<with fingers>> so I don't do that when I am in the zendo... A practice cough sounds different a practice sneeze different and even a sigh is projecting something outside the container into the world to be perceived perhaps admired or despised by the audience...

Dharma Talk at hszc 12 04 2009 - Practice Vessel

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the light - hszc's winter light annual rohatsu season, sesshin has concluded. Thank you to all who participated and who helped cover duties for this event. Thank you to Do'an help, cooking, the great in depth cleaning and coming together to support one another in this more focused practice opportunity!



hszc winter light retreat participants **sunday 12 06 2015** - left to right - Henry, sister MayJoy, Jim, Rev Daiko Tanzen-David, Rev Myo, Tendo-Chris, Larry - second row - Sarah, Will, Chuck, Keido-Joseph

We miss you! We have been having perhaps a seasonal change & lower attendance the past few months and are a little 'light' on attendance as well as noting some faces we haven't seen in a little while, & wanted to remind you we are here to support your great effort and offer our experienced priests to help guide your physical posture, the events and difficulties in zazen at or outside hszc, and a community to support and build dharma friendships with! **We really hope to see**

you soon and want to be sure you know that for those who haven't been coming around as much lately for various reasons and life commitments, your presence, support and friendship is missed and we hope to see you soon!

Deep bows of gratitude to Sheryl Leaf who, although unable to attend much of the retreat and has historically worked hard on shopping and preparing all meals for this retreat, still even in her absence acquired food, orchestrated as well as did much of the prep work, left instruction and divided out by day that made delivering meals, on schedule possible. thank you again Sheryl!



wash up, [oryoki](#) bowls posed for action, final casual meal for bodhi day and end of retreat

HIV meditation group; weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us!
 thursdays & fridays
 10:30am zazen
 11:00am garden socializing

meditation in recovery; weekly meditation group for men & women in recovery from addiction
 fridays, 7:30pm - 9pm

(women only) meditation in recovery; monthly meditation group for women in recovery from addiction
 first thurs, 7:15pm -8:45pm

(men only) meditation in recovery; a monthly meeting for men in recovery from addiction
 3rd thurs of every month, 7:30pm-8:30pm

board of director meetings; you're invited to attend & observe!
 second weds of each month, 7:30pm

*please contact us for rental space & events, ceremonies performed by a zen priest
 - weddings, memorials, coming of age & baby naming events -*

find other sf bay area lgbtqqi community events [here](#) - or - [here](#)

national, worldwide & other, holidays [here](#) (*warning* some are pretty silly)



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**Abbot, hartford street zen center --
 - Reverend Myō Lahey ---**



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